

AEROBIC WINTER CHALLENGE

Volume 36, Issue 3



MILLION HEARTS ®

In the United States, heart disease, stroke and other cardiovascular diseases kill over 800,000 people each year. This accounts for every one in three deaths. Co-led by the Centers for Disease Control and Prevention and the Centers for Medicare & Medicaid Services, the U.S. Department of Health and Human Services established the Million Hearts initiative to prevent 1 million heart attacks between 2012-2017.

Over the next five years, Million Hearts® will re-double its efforts to engage and equip partners and stakeholders nationwide to reach or exceed aggressive goals that will improve cardiovascular health and care for all Americans. The three main priority areas include:

Optimizing Care by using teams, health information technology, and evidence-based processes to improve the ABCS (Aspirin when appropriate, Blood pressure control, Cholesterol management, and Smoking cessation), increase use of cardiac rehab, and enhance heart-healthy behaviors.

Million Hearts article continued on page 3...



**January reports
due February 6th!**



Like & Follow for your
chance to win free prizes!



On Friday, December 7th, over 40 Aerobic Winter Challenge members participated in the 5th Annual Jingle Bell Walk at Wheeler Park. AWC participants enjoyed hot cocoa, peppermint sticks, and trail mix. A stroll downtown is exactly what we needed to get in the holiday spirit. We hope to see you all at the Holiday Melt Down on January 19th!



“Team Fiscally Fit” from Coconino County Finance enjoying a 2.25 mile lunch walk at Francis Short pond.

Pictured left to right:

Yvonne Williams, Al Waniolek, Megan Coons, Mike Townsend, and Tammy Rauschenbach.



Roasted Grape & Pear Kuchen

Ingredients

- 1/2 cup warm 2% reduced-fat milk
- 2 1/4 teaspoons dry yeast
- 1/2 cup granulated sugar, divided
- 2 tablespoons canola oil, divided
- 1 teaspoon vanilla extract
- 1 teaspoon grated lemon rind
- 1/2 teaspoon salt
- 1/2 teaspoon ground nutmeg
- 2 large eggs
- 9 oz. all-purpose flour (about 2 cups)
- 6 Tbs. unsalted butter, softened and divided
- Baking spray with flour
- 1 1/2 cups seedless red grapes
- 2 firm peeled pears, cut into slices
- 1/4 cup chopped pecans
- 3 Tbs. brown sugar
- 1/2 teaspoon ground cinnamon
- 1 1/2 cups whipped topping, thawed

Directions

Step 1 - Combine milk, yeast, and 1/2 tsp. granulated sugar in a large bowl; stir & let stand for 5 minutes.

Step 2 - Add remaining granulated sugar, 1 Tbs. oil, vanilla, rind, salt, nutmeg, and eggs; stir until well-combined. Add flour; stir until batter is smooth. Add 5 Tbs. butter, 1 Tbs. at a time, stirring after each addition. Smooth batter into a 9-inch spring form pan coated with baking spray. Cover and let rise in a warm place, free from drafts, 1 1/2 hours.

Step 3 - Preheat oven to 450°.

Step 4 - Combine remaining 1 Tbs. oil, grapes, and pears; arrange in a single layer on a baking sheet. Bake at 450° for 25 minutes or until tender. Cool completely. Reduce oven temperature to 350°.

Step 5 - Melt remaining 1 Tbs. butter. Combine grape mixture, butter, pecans, brown sugar, and cinnamon. Arrange mixture over dough. Bake at 350° for 30 minutes. Cool & serve with whipped topping.

At Home Workout Circuit

Round 1 - repeat 4x

- * Squats x15
- * Bicep curls x15 (each side)
- * Butt kicks x50
- * 1 minute plank

Round 2 - repeat 4x

- * Push-ups x15
- * Lunges x15 (each side)
- * Jumping jacks x50
- * 1 minute mountain climbers

Round 3 - repeat 4x

- * Tricep dips x15
- * Squat jumps x15
- * High knees x50
- * 1 minute plank

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Keeping People Healthy with public health efforts that promote healthier levels of sodium consumption, increased physical activity, and decreased tobacco use.

Improving Outcomes for Priority Populations selected based on data showing a significant CV health disparity, evidence of effective interventions, and partners ready to act.

To learn more about the Million Hearts initiative, please visit www.hhs.gov/millionhearts

Reduce Your Sodium Intake



According to the Center's for Disease Control, the daily recommended value of sodium for people ages two and up is less than 2,300 milligrams (mg). Those with high blood pressure, diabetes or chronic kidney disease have a recommended daily value of 1,500 mg of sodium. This month's challenge is to track your sodium intake and act based upon where you currently are on a scale of 0-2,300 mg of sodium. If you are like most Americans and consume more than double the recommended value, try to limit yourself and only consume the recommended value of either 1,500 mg or 2,300 mg per day.

***Please consult with your health care provider before trying any new diet or exercise.**

Contact Us

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TEAM ACTIVITY RULES

To help with your aerobic winter goals, we have incorporated optional team activities to encourage group support and engagement.

Rule #1: At least half of your team must participate to count. Teams with an odd number of participants, round up. For example, a team of 5 must have a minimum of 3 members participate to count.

Rule #2: Your team activity must be something **aerobic**. *You can even count that toward your 30 minutes or more for the day!

Rule #3: Once you have accomplished this, correctly track it on your Team Monthly report. See here for an example:

Team Activity: Yes ☒ No ☐

participated: 4

Activity Completed: Zumba class

Teams in which all members meet monthly exercise goals, and that engage in one team activity per month (at least 4) during AWC will be eligible for the \$100 grand prize!



If you have pictures or stories you would like us to share, please send them to Tiffany Kerr. We would love to feature your story in the newsletter.

Subsidizing Agencies

Red Feather Lodge GRAND CANYON



Grand
Canyon
Association



Employee Assistance
and Wellness Office



NAPEBT
Wellness Program



NACA
Native Americans for Community Action, Inc.



PUBLIC HEALTH
SERVICES DISTRICT
COCONINO COUNTY